

# DINNERLY



## Balanced Hemp-Crusted Chicken Salad with Burghul and Crisp Apple



25 minutes



2 Servings

Healthy salads can be exciting and, what's more, this one's on the table in no time! Simply toss nutty burghul with crisp apple and salad leaves, then top with hemp-crusted chicken tenders.



### WHAT WE SEND

- 60g burghul <sup>1</sup>
- 1 granny smith apple
- 40g hemp seeds
- 10g smoky barbecue seasoning <sup>17</sup>
- free-range chicken tenderloins
- 50g mixed salad leaves

### WHAT YOU NEED

- 100ml boiling water
- 1 egg <sup>3</sup>
- 2 tbs olive oil
- 1 tbs red wine vinegar <sup>17</sup>
- 1 tbs mayonnaise (optional) <sup>3</sup>

### TOOLS

- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Gluten (1), Egg (3), Sulphites (17). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 705kcal, Fat 38.6g, Carbs 34.3g, Proteins 48.3g



#### 1. Soak burghul

Put the **burghul** in a heatproof bowl, add **100ml boiling water** and stir to combine. Cover the bowl with a plate and stand for 5-8 mins until the water is absorbed.



#### 2. Prep ingredients

Meanwhile, cut the **apple** into thin matchsticks (see Kitchen notes). Whisk **1 egg** in a shallow bowl. Put the **hemp seeds** and **barbecue seasoning** on a plate, season with **salt and pepper** and stir to combine.



#### 3. Pan-fry chicken

Dip the **chicken** in the egg, then roughly coat in the **hemp mixture** (don't worry if it's not completely covered). Heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the **crusted chicken** for 3-4 mins each side until golden and cooked through. Remove the pan from the heat.



#### 4. Make dressing

Put **1½ tbs olive oil** and **1 tbs red wine vinegar** in a large bowl, season with **salt and pepper** and whisk to combine.



#### 5. Serve up

Add the **burghul**, **apple** and **salad leaves** to the dressing and toss to combine. Divide the **salad** among plates and top with the **crusted chicken**. Drizzle over **1 tbs mayonnaise**, if using. Enjoy!



#### 6. Kitchen notes

Here's an easy way to cut an apple into matchsticks: quarter the apple, remove the core, then thinly slice. Stack the slices and cut into matchsticks. ~ If you like your salads with generous lashings of dressing, drizzle over a little more olive oil to serve.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)

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